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DAY 4
AVALANCHE WEEK

THUNDER ON THE MOUNTAIN

WHEN WAGING WAR ON AVALANCHES, PARKS CANADA AND THE ARMED FORCES CALL IN THE BIG GUNS — LITERALLY PAGES 4 & 5

Camera-ready Khloe

The Kardashian sister shares her makeup secrets and her one must-carry item PAGE 13

REGINA metro®
Thursday, January 31, 2013
News worth sharing.
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Do you believe in BLACKBERRY MAGIC?

BlackBerry, formerly Research In Motion, chief executive officer Thorsten Heins shows off one of the Waterloo, Ont., company's new BlackBerry 10 smartphones launched on Wednesday in New York City. The new smartphone and mobile-operating system was released in six cities. Story, page 6. MARIO TAMA/GETTY IMAGES

Think local for labour, report urges

Recommendations. Province's economy will suffer without action on labour shortage, economist says

JEFF MACKEY
jeff.mackey@metronews.ca

According to a new report, Saskatchewan should stop relying on temporary foreign workers to address the province's labour shortage and should instead focus on reforming its post-secondary education system.

On Wednesday the University of Calgary's School of Public Policy released a report on Saskatchewan's labour shortage. The report, authored by economics professor Herb Emery, includes recommendations on how to better avoid an economically damaging labour shortage.

The provincial government has forecasted that the province will require an additional 60,000 new workers by 2020.

Included in the report are recommendations like accelerating changes to the province's post-secondary system in order to focus on programs that align with labour demand and recognizing that the use of foreign temporary workers is not a suitable long-term solution to the shortage.

He also recommended measures such as holding off on infrastructure spending when the economy is booming and instead focusing on public projects when the demand for labour is lower; pushing for people to complete training in programs like apprenticeships; and focusing on attracting young and underemployed males to join the workforce.

The provincial government said it was still reviewing the report, but that the government is already working to address the labour shortage.

"This (report) really complements the government's overall approach to addressing the province's overall labour needs," said Rupen Pandya, assistant deputy minister in the labour market development division of the provincial Ministry of Economy.

"The provincial growth strategy that was laid out by the premier in October lays out a comprehensive plan for addressing employment and education gaps, which are meant to address the labour shortage in the province."

While the province should be commended for its efforts on labour-force planning, Emery said, action on specific recommendations outlined in his report is needed to avoid negative repercussions for the province.

Follow Jeff Mackey on Twitter @MetroJeffMackey

Into the Dragons' Den

Crochet hats for Barbie, a business barter website: No idea is too small or too big for Reginans auditioning to be on the hit CBC show PAGE 2

'So-called hunger strike'

Two Tory politicians had some less-than-kind words for Attawapiskat Chief Theresa Spence and the Idle No More movement at a fundraiser PAGE 3

Ghomeshi's wonder years

The TV personality and musician tells Metro about his 'not cool' adolescence ahead of his book-tour stop in Regina this Friday PAGE 9

Local entrepreneurs vie for spots on Dragons' Den

What's the big idea?
Producers looking for passion, confidence

ALYSSA MCDONALD
alyssa.mcdonald@metronews.ca

From right, Dave Limacher, Hao Tran and Russ Conly pitch their barter website business Frugal Swap to CBC Dragons' Den producers on Wednesday at the Delta.
ALYSSA MCDONALD/METRO

A brave lot of Saskatchewan entrepreneurs are ready and willing to face the fire: they are auditioning for a spot on Dragons' Den.

An older woman opens up a suitcase and reveals crochet hats for Barbie dolls; another women sits memorizing her pitch for her office-management service firm; three business partners look confident in the pitch for their business-exchange website.

They all have different business models and products, but all have the same goal of pitching their idea on CBC's Dragons' Den to get national exposure of their product, and to gain capital investment from the Dragons — five Canadian entrepreneurial powerhouses.

"We need some more investment. If you go to look at my website, you'll go, 'look, you built it yourself,'" Laura Lee Hart said about her business, ShowBagz, which manufactures garment bags for dancers out of Moose Jaw.

Before getting to the Den, all must first impress two producers in the next room.

Associate producer Priscilla Sreedharan says they are looking for people who know their numbers and, most importantly, are passionate about their business or idea.

"We are looking for people who really believe in their business — it's not about what stage of the business they are in — whether it's an idea or something they have been working on for 15 years," said Sreedharan.

Sreedharan says many Western Canadian businesses have done well on Dragons' Den and mentioned she was the associate producer when Regina-based business Ten Tree auditioned for the show before scoring a deal with the Dragons in a May 2012 episode. Auditions will be held in Saskatoon on Feb. 1.

Pitches

23

Producers from the Dragon's Den saw 23 pitches on Wednesday. The two producers see candidates before sending them on to the Den.

SaskTel launching new data network

Don McMorris, the provincial minister responsible for SaskTel, says it's important to keep up with the technology that is available around the world. ALYSSA MCDONALD/METRO

SaskTel is launching a new network, making data downloads faster than ever before.

The new network will have roughly a third more speed than other providers and while there are similar networks in other parts of Canada through other providers, the 4G LTE network will be the only one of its kind in Saskatchewan.

The new 4G LTE network will be entirely a data network, with voice service still going through the current 4G networks. SaskTel CEO and president Ron Styles says this decision was made looking to the future of telecommunications.

"Within two years, we anticipate voice will go completely data, so voice would be like a voice application on your wireless phone, and everything will be data. You won't be buying minutes anymore, you'll simply be buying data," said Styles.

Styles said the network will be fast enough to get HD video on phone with no problem, unlike other systems which require buffering. During 2012, the amount of data that SaskTel managed on their network doubled, which is why SaskTel invested $44 million into the infrastructure of the new network.

"The applications you are starting to see out there are starting to become much more data intensive … We are going to need more speed and more capacity and that is really what 4G LTE is all about," said Styles.

The 4G LTE will be available in Regina and Saskatoon, including bedroom communities, starting Jan. 31 with plans to expand to other cities throughout 2013. The new service will be available for a number of different Smartphones, including the newly released BlackBerry 10, which will be available at SaskTel starting Feb. 5.

ALYSSA MCDONALD/METRO

Latest research

Discovery to help battle viral infections

The University of Saskatchewan's Canadian Light Source synchrotron has played an important part in a discovery that could help scientists battle viral infections.

Using data collected at the Canadian Light Source, researchers from McGill University and the Austrian Research Centre for Molecular Medicine have discovered the blueprint behind the IFIT protein, a protein that may prevent certain types of viruses from spreading by inhibiting replication of the virus' genetic code.

THE CANADIAN PRESS

Antitrust cases

Fertilizer makers settle lawsuit

Fertilizer producers Potash Corp. of Saskatchewan, Mosaic Co. and Agrium Inc. have settled antitrust lawsuits in the United States, but deny they did anything wrong.

THE CANADIAN PRESS

Energy use

Natural gas consumption rises during cold snap

A cold snap has people in Saskatchewan cranking the thermostat and driving up natural gas consumption. SaskEnergy says customers are using 20 per cent more gas this winter when compared to last year. The Crown company says as a result, a new consumption record could be set this week.

Spokesman Dave Burdeniuk says another factor driving the gas meters is the growth of business and industry in the province. SaskEnergy has seen more than 7,200 new customers in the last year alone.

THE CANADIAN PRESS/CJME

Alabama gunman kills bus driver, seizes 6-year-old boy, police say

Hostage standoff. Man took boy to underground hideout

Law enforcement personnel set up a checkpoint Wednesday in Midland City, Ala., near the home where a school-bus shooting suspect was barricaded in a bunker with a child hostage. The incident is yet another in a string of U.S. gun violence that has sparked a national debate. JAY HARE, THE DOTHAN EAGLE/THE ASSOCIATED PRESS

Online

For the latest updates on the Alabama standoff, visit metronews.ca

A gunman holed up in a bunker with a 6-year-old hostage kept law officers at bay Wednesday in an all-night, all-day standoff that began when he killed a school bus driver and dragged the boy away, authorities said.

SWAT teams took up positions around the gunman's rural property and police negotiators tried to win the kindergartner's safe release.

Sheriff Wally Olson said in a brief statement Wednesday evening that negotiators continued talking to the suspect and "at this time we have no reason to believe that the child has been harmed."

The gunman, identified by neighbours as Jimmy Lee Dykes, a 65-year-old retired truck driver, was known around the neighbourhood as a menacing figure who once beat a dog to death with a lead pipe, threatened to shoot children for setting foot on his property and patrolled his yard at night with a flashlight and a shotgun.

He had been scheduled to appear in court Wednesday morning to answer charges he shot at his neighbours in a dispute last month over a speed bump.

The standoff along a red dirt road began on Tuesday afternoon, after a gunman boarded a stopped school bus filled with children in the town of Midland City, population 2,300. The sheriff said the man shot the bus driver when he refused to hand over a 6-year-old child. The gunman then took the boy away.

"As far as we know there is no relation at all. He just wanted a child for a hostage situation," said Michael Senn, a pastor who helped comfort the traumatized children after the attack.

About 50 vehicles from federal, state and local agencies were clustered at the end of a dirt road near where Dykes lived in a small travel trailer. Nearby homes were evacuated after authorities found what was believed to be a bomb on his property.

State Rep. Steve Clouse, who met with authorities and visited the boy's family, said the bunker had food and electricity, and the youngster was watching TV. He said law enforcement authorities were communicating with the gunman, but he had no details on how. THE ASSOCIATED PRESS

Chief Spence the butt of insults at Tory fundraising dinner

In bad taste? Brazeau, Galipeau blast hunger striker, Idle No More movement

Attawapiskat Chief Theresa Spence after ending her hunger strike on Jan. 24. Spence was ridiculed by two Tory politicians at a recent fundraiser. SEAN KILPATRICK/THE CANADIAN PRESS

Two members of Stephen Harper's Conservative caucus — an elected MP and a senator — publicly disparaged the Idle No More movement and Attawapiskat Chief Theresa Spence at a fundraising dinner for a provincial candidate Tuesday.

Sen. Patrick Brazeau referred to Spence's "so-called hunger strike" in addressing about 80 people at a Legion hall in the Ottawa suburb of Orleans, and mocked her physical shape. "I was sick two weeks ago," Brazeau said. "I had the flu and I lost five pounds.

"I look at Miss Spence, when she started her hunger strike, and now?" he added as a voice in the hall called out, "She's fatter," which drew laughter from much of the audience.

Brazeau said though Idle No More has put aboriginal issues in the news, he does not support their methods. "They don't stand for anything," he said.

"I, as an Algonquin person, am living proof that no one will colonize me."

After Brazeau spoke about being turned away Dec. 24 when he tried to visit Victoria Island, where Spence was conducting her hunger protest, Ottawa-Orleans MP Royal Galipeau told the crowd he too had gone to see Spence.

Galipeau said he was allowed into Spence's tent on Boxing Day because he wasn't recognized. At that point, Spence, who consumed only liquids during her protest, was 15 days into her 44-day fast, which she ended last Thursday.

"I stood in the circle around Chief Spence," Galipeau said. "I noticed that manicure of hers. I tell you Anne can't afford it," he said, referring to his wife. "Most people in Idle No More are my skin colour and about my age. It reminded me of the 1960s and 1970s flower people who are now organizers for the NDP in Ottawa Centre. They are the same people I saw in the Occupy movement the previous summer."

"Whether it's Idle No More or Occupy or the pots and pans in Quebec, the labour movement can't finance those things anymore because we've passed legislation to shine the light of day on that," said the MP. The Conservatives passed a bill in December to force labour unions to make full details of their finances and spending public. TORSTAR NEWS SERVICE

Residential schools

Judge tells feds to hand over records

The federal government is obliged to turn over its archival records on Indian residential schools to the Truth and Reconciliation Commission, an Ontario court decided Wednesday.

In his decision, Justice Stephen Goudge said the obligation to provide the materials is clear from the settlement agreement that established the commission. THE CANADIAN PRESS

Phoenix shooting

Alleged killer still on the loose

Police searched Wednesday for a 70-year-old man suspected in an office shooting that left one dead and two wounded in Arizona's largest city, saying he is "armed and dangerous."

As police searched for the shooter, SWAT teams and two armoured vehicles surrounded his house, about 11 kilometres from the shooting scene in Phoenix. Police served a search warrant to enter the home.

America's latest public shooting came on the same day Congress took up the issue of gun control for the first time since the Connecticut school shooting left 20 young children dead. THE ASSOCIATED PRESS

Insemination mix-up. Doctor could lose licence over alleged misconduct

An Ottawa fertility doctor faces a disciplinary hearing Thursday over allegations he artificially inseminated three women with the wrong sperm.

Dr. Bernard Norman Barwin, a celebrated gynecologist, could lose his licence if the College of Physicians and Surgeons of Ontario discipline panel finds he committed misconduct. He agreed last year to stop the practice of insemination after the college filed its notice of hearing.

The medical college alleges that three of Barwin's patients discovered their children aren't biologically related to their husband or, in one case, the patient's chosen donor.

Two women with the same allegations sued Barwin a few years ago. The lawsuits were resolved last year, but neither the women's lawyer nor Barwin's lawyer could discuss the terms.

Barwin was invested in the Order of Canada in 1997 for his "profound impact on both the biological and psycho-social aspects of women's reproductive health."

He founded the non-profit, pro-choice organization Canadians for Choice, which gives away an annual Dr. Norman Barwin Scholarship to a graduate student studying sexual health and reproductive rights.

If the College of Physicians and Surgeons' disciplinary panel finds Barwin committed professional misconduct or is incompetent, it can revoke or suspend his licence, impose certain restrictions, reprimand him, order him to pay a fine or a combination of those sanctions. THE CANADIAN PRESS

BRINGING IN THE BIG

Army targets safety

Canada's armed forces are waging war on avalanches.

There's no messing around where one of the world's avalanche hotspots intersects with a transportation corridor connecting British Columbia to the rest of the country.

As the Trans-Canada Highway and Canadian Pacific Railway work their way through the Selkirk Mountains, they enter a hazardous 40-kilometre stretch at Rogers Pass in Glacier National Park in B.C. The scenic route features no less than 138 known avalanche paths above the highway.

To keep the public safe, Parks Canada — along with the Department of National Defence — has stood at the ready since 1962, working 24-7 with a variety of avalanche-control tools.

And, when needed, they bring out the big gun: a 105-mm howitzer cannon that launches pre-emptive artillery strikes that trigger slides well before they've built up to a point that threatens the highway (which sees approximately 4,000 vehicles daily).

Department of National Defence forces cover their ears while sending blasts to safely trigger an avalanche. PARKS CANADA

"We operate the world's largest mobile avalanche control program. The howitzer can be deployed any time, day or night. Even in the middle of a snow storm," explains Jeff Goodrich, senior avalanche forecaster at Parks Canada.

In order to keep the public safe during the blasts, traffic along the highway is closed in both directions and backcountry users with winter permits in Glacier National Park are notified to stay out of winter-restricted areas that are closed.

The operation is a sight to behold — not to mention hear — and extremely effective.

"If you look at our 51 years running the program, we've had no fatalities (involving the travelling public)," says Goodrich. "It's a highly diligent program."

MATT KIELTYKA/METRO IN VANCOUVER

Howitzer facts

The gun is used an average of 20 times each winter and can strike at 270 targets from 17 gun positions.

Initiation into the wild

Staying safe in Mother Nature's wicked winter wonderland is an art and science.

Knowing how to use survival gear, being able to identify and traverse terrain and learning about snow science are all crucial for avoiding disaster.

That's where Avalanche Skills Training (AST) courses come in.

"The statistics for surviving avalanches are very grim, so it's definitely a safety move," says John Grant, an AST instructor with Vancouver's Canada West Mountain School.

John Bardsley, left, and Steve Roberts at an Avalanche Skills Training course. JENNIFER GAUTHIER/METRO IN VANCOUVER

Weekend courses at the school take students through a full day of classroom study before putting their newfound knowledge to the test in the backcountry.

The Canadian Avalanche Centre (CAC) — which sets the criteria for public AST courses — says about 7,000 people took a course last year.

"To go into the mountains in the winter, you just need to have the gear," says CAC forecast co-ordinator Ilya Storm.

"Having a beacon, probe, shovel is just like having a seatbelt or an airbag in your car."

Grant says more people are taking the course as a "door-opener" to the backcountry.

It was an easy choice for Steve Roberts and his girlfriend.

"We've been resort skiers for a long time now and we're looking to go into the backcountry," Roberts says after a stressful avalanche rescue simulation. "You can read ... but until you start doing it yourself, you have no idea.

"When it comes to decision making ... things can get complicated and you can get excited, so it's really important to have that base knowledge."

The course is just an introduction to the backcountry. Practice with gear and real-world experience are also vital.

"This is just the start," says Karin Hung after a field day with her AST1 class. "There are so many high-profile stories about people making the wrong decisions, I think it's important to get informed."

A full list of CAC-certified courses can be found at avalanche.ca.

MATT KIELTYKA/METRO IN VANCOUVER

Exclusively online

JENNIFER GAUTHIER/METRO IN VANCOUVER

What you pack could save your life. Find the "holy trinity" of survival gear at metronews.ca/safetykit.

When it comes to protecting the Trans-Canada Highway and the Canadian Pacific Railway from avalanches in Rogers Pass, Parks Canada

GUNS

and the Department of National Defence bring out a 105-mm Howitzer. PARKS CANADA

Ilya Storm, forecast co-ordinator at the Canadian Avalanche Centre, and his team are responsible for generating public avalanche bulletins from their headquarters in Revelstoke, B.C. MATT KIELTYKA/METRO IN VANCOUVER

Forecasting risk

The watchers.
Avalanche analysts play critical role in preventing tragedy

MATT KIELTYKA
Metro in Vancouver

Hidden away in a nondescript building in the heart of Revelstoke's quaint snow globe-esque downtown is the nation's avalanche nerve centre.

Upstairs in a second-floor office, terrain maps litter the central room.

Known avalanches are plotted on a map of British Columbia regions on a wall.

Three forecasters, eying up two computer screens each, compile weather and snowpack information, frantically put together public avalanche forecasts and send out localized bulletins — all while handling a rush of media interviews.

Welcome to the Canadian Avalanche Centre (CAC).

"It gets busy on days like these," said Ilya Storm, the CAC's forecast co-ordinator, in an interview earlier this month after snowstorms hammered the mountainous regions in southeast British Columbia.

The avalanche danger has been "extreme" during the storms.

But the coming weekend calls for blue skies, which means skiers, sledders and snowshoers will be heading to the backcountry en masse to take advantage of the fresh snow as the danger level is downgraded in most regions to "considerable."

Blue skies spell trouble

"This weekend we'll have fewer avalanches, but we'll have blue skies, good riding conditions (meaning) more people will be out there."

Ilya Storm, forecast co-ordinator for the Canadian Avalanche Centre, who says human-triggered avalanches are most common during good weather.

It can be a recipe for disaster.

"That's where we run into problems," said Storm. "When the risk is extreme, it's an easy decision to make … you stay home. This weekend, we'll have fewer avalanches but we'll have blue skies, good riding conditions so more people will be out there. And when you see other people riding hard, it's tempting to go out and push it a bit more."

In terms of human-triggered fatal avalanches, weekends like that are the most dangerous, so Storm and his team are getting the message out through bulletins and the media.

"Half of our job is the forecasting, the technical analysis and the science of it," says Storm. "The other half is effective communications and how we talk to people. Decision-making, drive and motivation are big factors and we bring that into play in our forecasts."

The CAC was established in 2004 in the aftermath of a deadly, record-setting winter that killed 29 people the year before.

Analysts glean information coming in from virtually every private and public operator in Western Canada — shared by professionals through the Canadian Avalanche Association's Information Exchange (InfoEX) system — to create its public forecasts.

Each day, the team — which includes forecasters in satellite offices — creates daily forecasts for 12 regions.

Once a week, they'll create a long-term forecast.

They're customized documents that provide essential information on conditions and avalanche terrain for anyone venturing into the backcountry.

In the 2011-2012 season, the CAC received 1,413,230 bulletin requests.

Storm sees the bulletins as a critical public service.

"The outdoors is part of what we sell to people," he said. "As a society, (forecasts and avalanche education are) something we should support. It can serve people well."

The members of the Canadian Avalanche Centre know this better than most.

It's what keeps them going through those busy days.

"We are all avid recreationists, we love getting out into the mountains. I think most people here have some kind of a sad story," said Storm. "That's why it feels like good work. We're all trying to prevent the next tragedy because we've all been touched by avalanches."

The North American avalanche danger scale, developed by Parks Canada, is now used throughout the world. CONTRIBUTED

STAYING ALIVE

Tomorrow: Moving On
Justin Trudeau on the loss of his brother Michel in a 1998 avalanche.

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The BlackBerry 10 is displayed, Wednesday, in New York. BlackBerry is promising a speedy browser, a superb typing experience and the ability to keep work and personal identities separate. MARK LENNIHAN/THE ASSOCIATED PRESS

RIM launches new OS, phones

'We heard you loud and clear.' Buzz around clever predictive text, better OS, message hub, and 'time-shift' photos

BlackBerry launched a new operating system, two new phones, a rebranding and a comeback attempt Wednesday.

The Waterloo-based company BlackBerry — which until Wednesday's rebranding was known as Research In Motion — held simultaneous events in New York, Toronto, London, Paris, Dubai, Johannesburg, Jakarta and Delhi.

Thorsten Heins, president and CEO of the company since co-founders Jim Balsillie and Mike Lazaridis resigned a year ago, appeared live on stage in New York and on video at the global launch events.

The launch was initially scheduled for a year ago.

"We have transformed ourselves inside and out," said Heins. That transformation was "heartfelt" and required the company to be brutally honest, he said.

BlackBerry is releasing two phones that use the new BlackBerry 10 operating system. The Z10 is a touchscreen phone that uses a virtual keyboard with a unique form of predictive text, allowing users to "flick" entire words from the keyboard into their messages and documents.

The Q10 has a physical keyboard, but will not be available until April.

"We heard you loud and clear," said Heins. "We built this for those people who said they just had to have the physical keyboard typing experience."

The BB10 operating system includes a hub for all communications, including schedule notifications, Twitter and Facebook messages, BBM pins and text messages.

The OS includes BlackBerry Balance, which allows separate functions and controls to separate between work and personal.

The Z10 has 16 GB of storage, a 4.2-inch touch display, a battery with up to 10 hours of talk time and 4G capability. It also has a front camera and an 8-megapixel rear camera, built-in photo editing and filters. Its most-hyped photo feature is Time Shift, which allows users to scroll through different versions of the same photo to select, for example, a moment before a subject blinked.

BlackBerry World houses 70,000 apps and users can pay to download music, movies and TV shows.

JESSICA SMITH/METRO IN TORONTO

Market Minute

DOLLAR 99.85¢ (+0.09¢)

TSX 12,794.44 (-36.11)

OIL $97.94 US (+37¢)

GOLD $1,681.60 US (+$18.90)

Natural gas: $3.34 US (+8¢)
Dow Jones: 13,910.42 (-44)

New Z10 gets 4 of 5 stars

The BlackBerry Z10 is attractive, easy to use and easy to type quickly with. The predictive text system works well and being able to "flick" words from the virtual keyboard onto the screen is a bonus.

The OS is run by swiping across the screen in different directions, which, once learned, makes navigating around the phone easy.

Browsing isn't anything like it was on old BlackBerry. Web pages load properly and streaming video works.

The BlackBerry Hub, where you can easily access notifications, emails, texts, PINs and social-media messages without actually leaving the app you were using, works very well.

The major drawback is the apps. At the launch in Toronto, a BlackBerry official told reporters to look for announcements in coming days, but could give no guarantees that major apps, including Instagram, Netflix and Google Maps, would ever be available.

Apps for RBC banking, Skype, Kindle, Facebook, LinkedIn, Twitter, Foursquare, Dropbox, SoundHound, The Weather Channel, Evernote and Rdio are available, and the major game-makers are in the process of bringing over their apps as well.

The Z10 competes with the iPhone and Android phones like Samsung's Galaxy SIII on everything but apps, and fortunately for BlackBerry, the app situation can change.

However, after waiting a year for the release of the new OS and phones, the lack of some major apps is bound to disappoint some consumers. It's bad news for the company if consumers choose to hold out longer to see if their favourite apps arrive.

JESSICA SMITH/METRO IN TORONTO

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SPACE TRAVEL IS ALL ABOUT MONKEYING AROUND

HE SAYS...
John Mazerolle
metronews.ca

Have you noticed how laissez-faire coverage of space exploration is these days? I'm excited about how dull outer space is getting.

There's a Canadian in orbit and we're focusing on his Twitter feed and his guitar playing. Meanwhile, Iran sent a monkey into space and it only got equal coverage (maybe) with a monkey in an Ikea parking lot. If Iran wanted attention, they should have dressed it in an adorable shearling spacesuit.

I'm not lamenting this lack of excitement, I think it's amazing and wonderful that we've gotten used to it. I like to think it means we've accepted it as our destiny, rather than gotten bored with it.

To understand how we got here (or there), here's a completely accurate timeline of human space exploration.

1949: The U.S. sends a monkey into space. Harry S. Truman delivers a triumphant message to the world that reads, in part, "Top that, future Iranian theocracy."

1956-1957: Russia launches Sputnik I and Sputnik II: Electric Boogaloo into space, the latter with the dog Laika on board. The dog dies, giving the U.S.S.R. valuable Cold War information about the need to feed your dog in space.

1958: Soviet spacecraft Zond 5 is thought to be the first vessel to orbit the moon, though we now realize the craft actually orbited an American television studio in Nevada.

1961: Astronaut Alan Shepard becomes the first person that matters, or "American," in space.

1955-1971: The Soviet Union has the first satellite, spacecraft, human in space, woman in space, spacewalk, lunar rover and space station, but, as history teaches us, the U.S. is the winner of the space race because they were the first country to use the moon for golf.

1962: John Glenn becomes the first American to orbit Earth. He sees the Earth as it really is, a fragile home of one unified species, and is told that if he shares those feelings with anyone he will be executed for treason.

1972: Eugene Cernan and Harrison "Jack" Schmitt are the last men to walk on the moon, and are loved forever, as can be proven by the fact that you have no need to look up whether those are their real names or just a couple of names I made up.

1976: America's Viking 2 finds the first possible signs of life on Mars — chewed cigar ends, two open condom wrappers and a sink full of dirty dishes.

1981: The Canadarm is sent into orbit, the first limb of the action hero Cana-dar. When the final piece, the Canabdomen, is sent into orbit next year, the SuperRobot will rule the world from space, and kick some Canadass.

1996: Khan Noonien Singh takes the DY-100 class interplanetary sleeper ship Botany Bay out of the solar system.

2012: Canadian Chris Hadfield — a hyper-intelligent, unbelievably eloquent and experienced pilot-musician who can use Twitter constantly without being annoying and can rock a moustache no problem — is launched into space by a bunch of guys who were feeling insecure whenever he was around.

2013: Iran sends a monkey into space. The mission is considered a failure when the monkey's guitar playing is mediocre at best and his tweets are nothing more than repeated requests for more bananas.

Iran said it has launched a monkey into space. The U.S. worries that technology from the space program could be used to develop long-range missiles that could potentially be armed with nuclear warheads. THE ASSOCIATED PRESS

Wintry bubble bath

CHIP PHILLIPS/REX FEATURES

Ice photography

Surreal bubbles frozen in icy lake

Eerie, painterly and almost supernatural, these bubbles are in fact a real wonder.

This stunning photograph shows hundreds of frozen bubbles trapped below Abraham Lake in Alberta. Located at the foot of the Rocky Mountains on the North Saskatchewan River, the rare phenomenon occurs each winter in the man-made lake. METRO

Ice bubbles

- Organic matter on the lake bed releases methane gas, which freezes as it comes up to the surface. Normally, methane turns into carbon dioxide before reaching the surface.
- Bubbles keep stacking up below the frozen lake once the weather gets colder.
- Stacks of frozen bubbles are reminiscent of slabs of rock that form volcanic pillars.

Expedition experience

'My forehead was bleeding a little'

Judging by the photographer's experience, this photography is not without its perils.

"I use crampons to avoid slipping, but on one of my first trips to the lake, a giant gust of wind came barrelling down, picked me up and threw me back on the ice," said Chip Phillips, the photographer. "My forehead was bleeding a little ... so I am very careful when I go out now." METRO

Photographer's view

"You have to walk out on the ice to photograph the bubbles, the icy surface is around 22 centimetres deep."
Chip Phillips, 40, photographer from Spokane, Wash.

Metropolitan Panel

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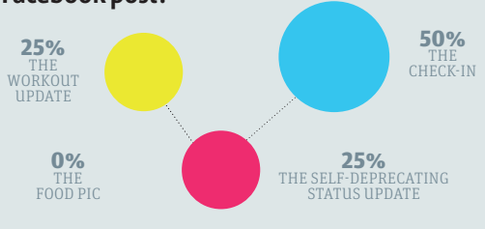
What's the most cringe-worthy Facebook post?



Twitter

@PIMEditing: Sick of #yqr weather complaints? Tough. A snowman just knocked on my door and asked if he could warm up a little. #therealwindycity

@noahevanchuk: As much as the weather in #yqr sucks today, I'm mindful of the fact that my ancestors lived on the prairies in house made of grass.

@ActivistKent: An unpaid lunch break for the #UofR president would save nearly $60,000 -- enough to pay 25 TAs for an entire semester. #skpoli

@smelaniemetcalf: For as cold as it is every person I've passed on the street is being extremely friendly. Good job, #yqr!

@KellyMiller37: Apparently today Regina is colder than the North Pole. #whyyyyy -38 in Regina, -36 in NP

metro
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Jian's take on 1982

Uncool in Thornhill.
CBC personality and musician is in Saskatchewan this weekend to talk about his awkward youth

BACKSTAGE PASS
Simon Hiatt
saskatoon@metronews.ca

Jian Ghomeshi's achievements as an activist, musician and broadcaster provide more than enough material to fill an interesting book.

However, for his literary debut, 1982, he chose to focus not on his successful careers as an adult, but instead on growing up an awkward teenager trying to fit in with the cool kids in Thornhill, Ont.

"I was definitely not cool," Ghomeshi said in a telephone interview from Fredericton, N.B.

The story is told through a series of chapters, each bearing the names of popular songs of the era which relate to his adolescent experiences. He says he chose to write a book because it seemed like an interesting challenge.

"Writing a book always seemed particularly daunting, where do you even start, how do you do this? Even throughout the process I would doubt myself and go 'why does anyone even care about this?'"

Despite those initial doubts, 1982 has been very well reviewed and has become a Canadian bestseller. Now he's continuing a tour he began last fall with the book, which includes stops in Regina and Saskatoon this weekend.

"(The show is) half monologues, telling stories related to the book but also to my life and my current job, reflections on that. And then I do a Q & A."

"Hopefully I get people laughing, by which I mean laughing at me."

It's of course easier to laugh at yourself and those awkward adolescent years when they are followed by incredible professional success.

Ghomeshi played in the band Moxy Fruvous and continues to write and produce music. He's had his interviews and essays published internationally and has appeared on television programs as diverse as CNN Today and Late Night with Conan O'Brien.

But his greatest success has come as the co-creator and host of Q on CBC Radio One and CBC TV. With all the demands, it's hard to believe he found the time to write a book, let alone head out on tour. "The show is quite demanding, and I'm not complaining about that, I love it. But it is hard to do anything else, so for the year I was writing, there wasn't a lot of social life."

Argo

Although Ghomeshi will likely be following the Academy Awards closely next month, there is one contender he won't be rooting for. He has been outspoken in his criticism of Argo, which is set against the backdrop of the Iran hostage crisis. "People love that movie so much and my point was 'hey, it's a great thriller, but it's a very problematic, one-dimensional depiction of Iranians. There isn't really one redeeming (Iranian) character in the film. They're pretty much all barking mad crazy people."

Jian Ghomeshi is bringing his show to Regina and Saskatoon this weekend. HANDOUT

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THE MATRIX
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JAWS
3:40PM

2001 : A SPACE ODYSSEY
6:15PM

A CLOCKWORK ORANGE
9:10PM

AN AMERICAN WEREWOLF IN LONDON
11:59PM

SAT, FEB 2

THE FIFTH ELEMENT
11:40AM

RAIDERS OF THE LOST ARK
2:10PM

INDIANA JONES & THE TEMPLE OF DOOM
4:40PM

INDIANA JONES & THE LAST CRUSADE
7:00PM

INDIANA JONES & THE KINGDOM OF THE CRYSTAL SKULL
9:30PM

COCKNEYS VS ZOMBIES
11:59PM

SUN, FEB 3

GREMLINS
12:00PM

AN AMERICAN WEREWOLF IN LONDON
2:15PM

JAWS
4:35PM

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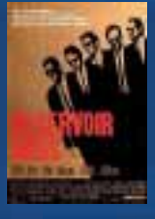
2001 : A SPACE ODYSSEY 1:00PM	BATTLE ROYALE 12:00PM	THE FIFTH ELEMENT 12:00PM	GOODFELLAS 1:00PM
A CLOCKWORK ORANGE 4:00PM	OLDBOY 2:20PM	GREMLINS 2:35PM	CASINO 4:00PM
	GREMLINS 4:50PM	AN AMERICAN WEREWOLF IN LONDON 4:50PM	
BATTLE ROYALE 7:00PM	GOODFELLAS 7:05PM	JAWS 7:10PM	 RESERVOIR DOGS 7:30PM
OLDBOY 9:25PM	CASINO 9:55PM	THE MATRIX 9:45PM	PULP FICTION 9:40PM

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Lindsay Lohan

Lohan calls in sick to court date

Lindsay Lohan is no stranger to missing court dates but at least this time she apparently has a good reason. Lohan planned to miss yesterday's hearing because she was feeling ill, according to E! News.

The troubled starlet is still in New York, where she has reportedly come down with the flu, and the condition is said to be serious enough that she managed to get a doctor to declare her unfit to travel.

Harry Styles

Harry Styles goofs on photographer

One Direction's Harry Styles is not one to turn down a request from a fan, even if that fan happens to be the daughter of a paparazzo.

A London photographer recently pressed the boy-bander for an autograph for his daughter, Emma, and Styles was happy to oblige, according to Xposure Photos. His message?

"Dear Ella, Please tell your daddy to go away. Love from Harry x"

The Word

Jason London in his better days. ALL PHOTOS GETTY IMAGES

A Dazed and Confused disaster

THE WORD
Dorothy Robinson
scene@metronews.ca

All of those Tiger Beat questionnaires that Dazed and Confused star Jason London had to fill out in the '90s never foresaw him crapping in the back seat of a cop car.

Yes, the former teen heartthrob got into a bit of a mess in Scottsdale, Ariz., on Saturday night after getting into a bar fight with some bouncers. According to the police report, cops were called and London was so nuts that he had to be subdued after shoving a few officers.

But it was in the backseat of the cop car on the way to being booked where it gets bad. En route to the station, London started throwing insults to the cops.

"I f—ing love this. I f—ing own you guys so hard," he reportedly yelled. "I'm rich and I'm a motherf—ing famous actor! F—ing look me up, bitch. It smells like s—t in your car and your breath smells like diarrhea."

Jason London's mugshot.

The actor then allegedly leaned to the left and pooped his pants. London, not one to forget his theatre training, then gave this zinger: "I told you I'm happy as s—t."

London was eventually arrested for disorderly conduct/fighting and assault, and for realizing that you don't need to take similes literally.

Twitter

@PaulaAbdul
Don't let the 1st month of the New Year go by w/o doing something that gets you closer to your goals!

@Oprah
Thanks everyone for your birthday wishes. Enjoying lunch with Stedman . No plans to leave p.j.'s all day

@JohnCleese
When the Mayans spoke about the end of the world they were referring to the end of civilisation.

@AlbertBrooks
Been forcing a smile all day to see if it would make me happy. My jaw is killing me.

Alec Baldwin

Alec Baldwin could be adding to his clan

Alec Baldwin may be preparing for fatherhood again, according to reports from In Touch.

Sources tell the magazine that Baldwin's wife, Hilaria, is pregnant with the couple's first child.

"Hilaria has told only really close friends and family she is pregnant, only a close circle she trusts," the source says.

But Baldwin's reps are eager to put such claims to rest.

"Our response to baby speculation over the past 18 months has remained the same: When and if (Alec and Hilaria Baldwin) have news they want to share, they will share it," the reps posted via Twitter.

"Until then, we have no comment."

Baby bump?

"Hilaria has told only really close friends and family she is pregnant, only a close circle she trusts."
Source

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KHLOE KARDASHIAN

As she promotes her makeup line, Khroma Beauty, X Factor USA host Khloe Kardashian opens up her beauty cabinet, reveals the family beauty secrets and gushes over baby Kimye.

SISTER ACT

ROMINA MCGUINNESS
life@metronews.ca

Khroma Beauty, the cosmetics line Khloe Kardashian has launched with her equally famous sisters, is made up of face palettes, mascaras and lip glosses with snazzy names like Kardazzle and, most intriguingly, Shebang. So she is naturally a goldmine of beauty advice on everything from eye makeup ("Never share an eye pencil or mascara; you don't know what infections people have!") and blemishes ("I'll put some concealer on here and there and use loose facial powder, but never all-over foundation.")

But when it comes to the topic we're all wondering about, she only has this to say about her soon to be niece or nephew, most commonly known as baby Kimye: "We're so excited!" She gives us a peek inside her beauty cabinet.

Khroma Beauty Kurve

$15, khromabeauty.com

"I get very oily so I always have loose facial powder on me and oil blotting paper."

Lancôme Hypnôse Mascara

$27, lancome.com

"My eyes are my favourite assets. I don't wear false lashes, just mascara. So I always have one in my purse."

Q+A

Khloe on...

Growing up Kardashian

"I wasn't allowed to wear full on makeup until I was 15. I could only wear it on my eyes. So one time, when I was in the sixth grade, I picked out this blue shadow that was just not cute. My sisters tried to tell me to tone it down. They taught me the tricks of the trade. I would watch what they did and try to mimic them. And my mom would always say: 'If you don't have time to do anything, just make sure you put a pop of colour on your lips'. You don't need much more."

Feeling beautiful, while married

"Makeup or no makeup, you have to be comfortable in your own skin, especially in the bedroom. If you're not, it could shine through. But if your partner is constantly telling you you're beautiful, then you don't really care what you wear or what you look like. Beauty isn't just about makeup. It's about taking care of yourself."

Looking camera-ready, all the time

"Always carry a huge pair of sunglasses with you. There's no need to be wearing a full face of makeup and stilettos all day, every day. Just do little things, like brushing your hair before you leave the house."

Khloe Kardashian / GETTY IMAGES

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When decorating trends turn to classics

Decor. Which of this year's trends should you invest in?

DESIGN CENTRE
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Over the past century we've seen many decor trends come and go, with some holding the test of time to prosper and become classics, though usually with some modern tweaking. In the 1980s, natural seagrass carpeting became a trend that never went away.

In the '90s, stainless-steel kitchen appliances was splashed on the domestic kitchen market and stabilized as long-term investments for the kitchen.

So what new decorating trends will we be seeing a lot of, for at least the next decade? I have three predictions.

Grey

This solemn neutral was huge in the mid '80s. Back then it was a steely-blue grey and used only to achieve a modern esthetic.

Its return to the decorating world was a nice way to gently transition us away from all the golden taupe that we had grown so fond of.

But this time around the grey is a bit warmer (think grey flannel) and used for both traditional and modern decorating.

Look for this neutral to stick around. Watch it warm up a bit more to an elephant or driftwood colour. This will be the new taupe — cooler than what we remember and looking great with off-white, gold metallics and shots of strong colour.

Chevron pattern

Whether you call it zig-zag, herringbone or chevron, this angled linear pattern has come in and out of decor fashion for decades. Currently, the design is highlighted with contrasting coloured stripes that add punchy patterns to wallpaper, bedding, fabrics and carpets.

Look for this pattern calming itself down and being shown more as a texture than an obvious print. Tone-on-tone is the way to go with this classic chevron pattern if you want it around for a long time.

Farmhouse style

It goes without saying that country-style decorating is still the most popular form of decor, maybe not in your city, but trust me, it's everywhere else in the world.

Farmhouse chic is a style that allows us to mix humble, worn furnishings with a touch or industrial style in order to make it cool again. All of a sudden the worn and softened look of the farmhouse trend starts to look good in our urban spaces.

Watch this decorating style slowly morph from a poor/humble look to an upscale look with fancy antiques being thrown in for prosperity.

Cedric loveseat — warm grey will become a neutral staple in decorating for the next few years. URBANBARN.COM

Humble mixed with formal elements like natural wood and raw metal make for the new farmhouse decor look. RESTORATION HARDWARE

Printed Cotton Panels — The chevron, zig-zag pattern will calm into a tone-on-tone texture. WESTELM.COM

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Northgate Mall
January 31st
3 to 8 p.m.
Victoria Square Mall
February 2nd
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University of Regina Riddell Centre
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Planet-friendly shopping tactics

Is shopping in bulk better for the planet?
- Sunitha, Hamilton

QUEEN OF GREEN
Tovah Paglaro
green@metronews.ca

The benefits to shopping in bulk are many — you save yourself a few trips down the supermarket aisles, the pantry is always full, the financial savings are substantial and, of course, it's a planet-friendly shopping tactic.

The math is relatively simple. Fewer trips to the supermarket translate into less gas being used. That means fewer emissions going out and more money staying in.

Buying in bulk also saves the producer and supplier the costs of packaging, shipping, shelving, storing and selling you a product multiple times. It's self-evident how that translates into financial benefits for you.

Consider also the environmental benefit.

• Less packaging means reduced waste and minimized shelf space requirements.

• Less shelf space demand means the potential for smaller storefronts with smaller electrical and heating needs.

• Less shipping means fewer emissions. The same amount of food still has to make its way to you, but buying in bulk streamlines the process.

Purchasing food in bulk has other benefits that support a green lifestyle.

Supporting local farmers

Many bulk purchases are made directly from local food producers, with increased financial benefits to the people in your community responsible for feeding you.

These might include fruit or vegetable farmers, cattle farmers, grain producers like Anita's Organics or even dairies.

Creating community around food

There's nothing I like better than bringing communities together around food and buying in bulk can also support this.

Food waste is a concern that looms over large purchases.

What if we don't eat or process it all before it starts to spoil? For some, space is a constraining factor. These barriers are addressed by pooling resources and sharing bulk orders with your neighbours

Bulk foods are whole food ingredients

Purchasing ingredients — instead of prefabricated meals or snacks — allows you the opportunity to cook from scratch.

That means wholesome, delicious meals that live up to your ideals for sustainable food. No preservatives. No food sitting in plastic packaging. No supporting food producers lobbying against the mandatory labelling of GMO ingredients.

Buying in bulk has many benefits to you, your community and the larger environment. If it's a new step, start small.

Choose one area — maybe oats and flours — and set up a system that works for you. Once it's routine, you'll be hooked and you will unquestionably expand into other foods.

Buying in bulk is better for you and better for the planet. ISTOCK IMAGES

Have questions for the Queen of Green? Write to tpaglaro@davidsuzuki.org or tweet @DavidSuzukiQoG

Dining with Bayou Billionaires

TV. Kitten Dowden and her family are invading the small screen. Before they do, she shares her kitchen secrets

IZABELA SZYDLO
life@metronews.ca

A short while ago, the Dowdens were like a lot of other hard-working Shreveport, La., families — pinching pennies and balancing budgets.

Now they're hiring personal trainers and exploring new business ventures on CMT's Bayou Billionaires after discovering their home sits on the fourth largest deposit of natural gas in the United States.

At the head of the family are Kitten and Gerald Dowden, who lead their brood of kids, grandkids and Kitten's 90-year-old father, Grandpa — an old-fashioned ladies' man.

Aside from enjoying their fortune, the Dowdens do some serious cooking — think gumbo, jambalaya, crawfish bisque, blackened chicken, red beans, bread pudding and more.

Kitten tells us her cooking secrets, family food traditions and shares a recipe from her own kitchen.

Catch them on TV

Bayou Billionaires premieres on Friday at 9 p.m. ET on CMT.

How important is it for your family to eat together?
I've always preached to my kids that families should have dinner together every night of their lives. That's the problem with family units these days — they don't all sit together and have dinner.

Are there any food traditions that the Dowdens practice?
I always tell my girls that you should always leave something on your plate. That's a little etiquette tip for the girls.

Who is the best cook in the family? The worst? Why?
I am the best cook, absolutely. I've cooked all my life. My mom and my grandmothers showed me everything and I loved to watch and learn. The worst cook would have to be my daddy. He burns everything and he always makes a big mess.

Kitten and Gerald Dowden star in Bayou Billionaires, after discovering their home sits on the fourth largest natural gas deposit in the United States. SUBMITTED

What are some of the most common ingredients you cook with?
A lot of spice, peppers, butter and bacon grease.

What are the most popular bayou dishes?
The most popular are anything with crawfish such as gumbo, étouffée and Jambalaya.

What does alligator taste like?
I think alligator tastes like chicken and Gerald says it tastes like pork. The texture is like pork, but it tastes like chicken.

Dinner. Spicy Sausage and Crawfish Jambalaya

1. Heat oil in large pot.

2. Season sausage and crawfish with Cajun seasoning. Set aside.

3. In pot with heated oil, sauté onion, bell pepper, celery and garlic until tender. Stir in crushed tomatoes and season with red pepper, black pepper, salt, hot pepper sauce, Worcestershire sauce and filé powder.

Ingredients

- 2 tbsp oil
- 10 to 12 oz Andouille sausage or smoked sausage, sliced bite size
- 1 1/2 cups crawfish tails (approx)
- 1 tbsp Cajun seasoning
- 1 onion, chopped
- 1 small bell pepper, chopped
- 2 stalks celery, chopped
- 3 cloves garlic, chopped
- 1 16 oz. can crushed tomatoes
- 1/2 tsp red pepper flakes
- 1/2 tsp black pepper
- 1 tsp salt
- 1/2 tsp hot pepper sauce
- 2 tsp Worcestershire sauce
- 1 tsp filé powder
- 1 1/4 cup uncooked white rice
- 2 1/2 cup chicken broth

4. Stir in sausage and crawfish. Cook a few minutes, stirring occasionally.

5. Stir in rice and chicken broth. Bring to boil, reduce heat and simmer 20 to 30 minutes until liquid absorbed and rice is tender. I like chopped green onions on top. Check taste to see if it needs salt.

RECIPE COURTESY OF KITTEN DOWDEN

Cranberries star in brunch scones

Not only are these scones delicious, but since they're studded with the jewel tones of Canadian-grown cranberries, they're perfect for entertaining.

1. Heat oven to 220 C (425 F). Line 1 or 2 large baking sheets with parchment paper.

2. In a glass measuring cup or a bowl, stir lemon juice into milk; set aside.

Ingredients

- 30 ml (2 tbsp) freshly squeezed lemon juice
- 250 ml (1 cup) milk
- 675 ml (2 3/4 cups) all-purpose flour (approx)
- 125 ml (1/2 cup) granulated sugar
- 15 ml (1 tbsp) baking powder
- 1 ml (1/4 tsp) each baking soda and salt
- 125 ml (1/2 cup) cold butter, cut into cubes
- 250 ml (1 cup) fresh or frozen cranberries, cut in half if large

Topping
- 10 ml (2 tsp) milk
- 10 ml (2 tsp) granulated sugar

This recipe makes 12 scones. THE CANADIAN PRESS H/O

3. In a large bowl, combine 675 ml (2 3/4 cups) flour, sugar, baking powder, baking soda and salt. Using pastry blender or two knives, cut in butter until mixture is crumbly. Pour in milk mixture; stir with a fork until a soft, sticky dough forms.

4. Turn out onto a floured surface and, with floured hands, gently knead in cranberries, being careful not to crush them and adding more flour to prevent sticking as necessary, until dough comes together and cranberries are dispersed. Pat out to a 23-cm (9-inch) circle; cut into 12 wedges. Place on prepared baking sheet at least 2.5 cm (1 inch) apart.

5. Topping: Brush tops of scones with milk and sprinkle with sugar. Bake for 15 to 20 minutes, switching pans on racks halfway if using 2 sheets, or until puffed and golden. Let cool for at least 10 minutes before serving. THE CANADIAN PRESS/ DAIRY FARMERS OF CANADA 2013 MILK CALENDAR, MILKCALENDAR.CA

Senators defenceman Erik Karlsson jumps over sprawling Canadiens forward Erik Cole on Wednesday night in Ottawa. JANA CHYTILOVA/FREESTYLE PHOTOGRAPHY/GETTY IMAGES

New role expected from Habs' Subban

NHL. Coach Therien tells newly re-signed blue-liner he must conform to new system

Before P.K. Subban gets back on the ice with the Montreal Canadiens, he better be ready to buy into a new philosophy.

The defenceman joined his team Wednesday in Ottawa for the first time since signing a two-year $5.75 million contract, but was not in the lineup for their game against the Senators.

He took part in the team's optional morning skate, and admitted he wasn't sure when he would play his first game.

It appears Subban has been given a clear message and if he plans on playing an integral role with the team he'd better accept the new set of rules.

"The first thing Marc Bergevin and I did was sit down with (Subban) and explain our philosophy and he understood where we're coming from," Canadiens coach Michel Therrien said. "It was a good, honest conversation with P.K. and we just want to make sure everyone is on the same page."

The Canadiens have two days off before playing back-to-back afternoon home games on the weekend against the Buffalo Sabres and Senators, respectively.

"I felt great today. I'm going to continue to practice and get ready," said Subban. "As of right now, there's no time frame to when I'll be returning. I don't know. It's not my decision."

Therrien admitted he has no immediate timetable for Subban's return. He said he wouldn't make a decision until he had seen Subban in a full practice with his teammates.

The Canadiens aren't rushing Subban back to ensure the 23-year-old will not disrupt the team's chemistry.

THE CANADIAN PRESS

Quoted

"There's a lot of things he needs to pick up. We play a different system. I want to make sure when he steps on the ice he knows what to do."

Canadiens coach Michel Therien on P.K. Subban

In Ottawa

Daniel Alfredsson's first goal of the season proved to be the winner as the Ottawa Senators routed the Montreal Canadiens 5-1 on Wednesday.

- Jim O'Brien, Mika Zibanejad, Chris Phillips and Chris Neil also scored for the Senators (5-1-1), who got 31 saves from Craig Anderson.

NCAA

Hoaxster tells Dr. Phil he was in love with Te'o

Dr. Phil McGraw says Ronaiah Tuiasosopo, who masterminded the dead girlfriend hoax involving Manti Te'o, told him the Notre Dame linebacker was not involved in the scheme and that he ended up falling "deeply, romantically" in love with the football player.

McGraw spoke on the Today show Wednesday, previewing an interview he did with Tuiasosopo, a 22-year-old California man who created the fictional woman Te'o knew as Lennay Kekua. Tuiasosopo's interview with McGraw will air in two parts on the Dr. Phil Show starting Thursday.

"There were many times where Manti and Lennay had broken up. But something would bring them back together, whether it was something going on in his life, or in Lennay's life, in this case in my life," Tuiasosopo said.

THE ASSOCIATED PRESS

NBA

Raptors, Grizzlies swing blockbuster

The Toronto Raptors have traded point guard Jose Calderon and forward Ed Davis to the Memphis Grizzlies for forward Rudy Gay and centre Hamed Haddadi.

The Raptors confirmed the deal Wednesday night while the team was taking on the Hawks in Atlanta.

Toronto is also sending a second-round draft choice in 2013 and cash considerations to the Grizzlies, who are flipping Calderon to the Detroit Pistons in exchange for forwards Austin Daye and Tayshaun Prince.

THE CANADIAN PRESS

Ottawa GM plans to build from 'ground up'

Marcel Desjardins has no problem being the face of Ottawa's new CFL franchise.

The 46-year-old native of Burlington, Ont., was named general manager of Ottawa's yet unnamed expansion club Wednesday. The Ottawa Sports and Entertainment Group, which owns the franchise, ended months of speculation by unveiling Desjardins as its first GM.

His contract is reportedly a four-year deal.

Desjardins takes on the task of building the new Ottawa team after spending the last four seasons as the assistant general manager for the Montreal Alouettes. Desjardins served as the Hamilton Tiger-Cats GM in 2007 before returning to Montreal.

"It's a tremendous opportunity and something I really look forward to," Desjardins said. "I have my thoughts on how I want to set everything up.

"To do it from the ground up, not only people-wise, but from the actual offices and locker-room and all that stuff. It's a lot, but it's like you're building a model."

Jeff Hunt, the president of OSEG Sports, said the process of selecting a general manager was intense and lengthy, but the ownership group felt Desjardins' experience made him the logical choice.

"Any expansion team in any sport would probably have four or five things that you really want to have and I think Marcel has all of those things," Hunt said. "Chief among them, in my mind, is his experience."

THE CANADIAN PRESS

Quoted

"His experience with Montreal ... will be an incredible addition."

Jeff Hunt, president of The Ottawa Sports Group on the hiring of Marcel Desjardins.

Ottawa's new CFL general manager Marcel Desjadins at Wednesday's press conference in Stittsville, Ont. FRED CHARTRAND/THE CANADIAN PRESS

Family affair

Harbaughs to visit defeated son

Jack and Jackie Harbaugh still don't know where they'll be sitting during the Super Bowl.

They do know where they'll be after the game.

The parents of John and Jim Harbaugh say they'll visit with each of their sons after the San Francisco 49ers and Baltimore Ravens play in Sunday's Super Bowl. The Harbaughs say it will be the son on the losing end who is likely to need his parents more.

That was their experience last Thanksgiving, when John's Ravens beat Jim's 49ers.

No matter the outcome, Jackie Harbaugh says she and her husband will hug both their sons "and tell them we're proud of them and their team."

THE ASSOCIATED PRESS

Jack and Jackie Harbaugh kiss at a news conference on Wednesday. THE ASSOCIATED PRESS

Lewis says he 'never, ever' used deer-antler spray

Super Bowl lead-up. Ravens linebacker was linked in report to company making PEDs

Smiling, even laughing, at questions about a report linking him to a company that purports to make performance-enhancers, Baltimore Ravens linebacker Ray Lewis said Wednesday he "never, ever took" the stuff.

Lewis described himself as "agitated," not angry, that the story has become part of the Super Bowl-week prelude to Baltimore's game against the San Francisco 49ers on Sunday.

He added that he's certain his teammates won't be distracted by the report in Sports Illustrated. The magazine said Lewis sought help from a company that says its deer-antler spray and pills contain a banned product connected to human growth hormone. The 37-year-old Lewis is the leading tackler in the NFL post-season since returning from a torn right triceps that sidelined him for 10 games.

In a private conversation with Ravens head coach John Harbaugh, and later in the public setting of a news conference, Lewis distanced himself from Sports With Alternatives To Steroids (SWATS). SI reported that company owner Mitch Ross recorded a call with Lewis hours after the player hurt his arm in an October game against Dallas. According to the report, Lewis asked Ross to send him deer-antler spray and pills, along with other items made by the company.

"It's so funny of a story because I never, ever took what he says or whatever I was supposed to do. And it's just sad once again that someone can have this much attention on a stage this big, where the dreams are really real," Lewis said Wednesday, "I don't need it. My teammates don't need it. The 49ers don't need it. Nobody needs it." THE ASSOCIATED PRESS

Baltimore Ravens linebacker Ray Lewis speaks during a Super Bowl news conference on Wednesday in New Orleans. Lewis denied a report linking him to a company that purports to make performance-enhancers. PATRICK SEMANSKY/THE ASSOCIATED PRESS

Penn State scandal

Judge rejects Jerry Sandusky's plea for new trial

Jerry Sandusky lost a bid for a new trial Wednesday when a judge rejected his argument that his lawyers were not given enough time to prepare for the three-week proceeding that ended with a 45-count guilty verdict on child sex abuse charges.

Judge John Cleland's 27-page order said lawyers for the former Penn State assistant football coach conceded that their post-trial review turned up no material that would have changed their trial strategy.

"The defendant's attorneys subjected the commonwealth's witnesses to meaningful and effective cross-examination, presented evidence for the defence and presented both a comprehensive opening statement and a clearly developed closing argument," Cleland wrote.

He also rejected post-sentencing motions regarding jury instructions, hearsay testimony and a comment by the prosecution during closing arguments that referred to the fact that Sandusky, who did not testify at trial, gave media interviews after he was arrested in November 2011. THE ASSOCIATED PRESS

Cycling. Public 'lynching' isn't the way to deal with doping crisis: Armstrong

Lance Armstrong believes a truth and reconciliation program is the "only way" to deal with cycling's doping crisis and the sport's governing body should have no role in the process.

Armstrong spoke to Cyclingnews in an interview published Wednesday, his first since admitting to Oprah Winfrey two weeks ago that he doped to win the Tour de France seven times.

In an email interview with the British-based cycling publication, Armstrong expressed no remorse or contrition and said he feels like a scapegoat for a sport in which no generation was ever "clean."

Armstrong said the best way forward is a truth and reconciliation process offering amnesty to riders and officials who come forward.

"It's not the best way, it's the only way," he said. "As much as I'm the eye of the storm this is not about one man, one team, one director. This is about cycling and to be frank it's about all endurance sports.

"Publicly lynching one man and his team will not solve this problem."

Asked if he felt like a fall guy, Armstrong said: "Actually, yes I do. But I understand why. We all make the beds we sleep in."

Lance Armstrong GETTY IMAGES FILE

In his interview with Winfrey, Armstrong said he would be willing to take part in any truth and reconciliation process.

He told Cyclingnews the program should be run by the World Anti-Doping Agency and not the U.S. Anti-Doping Agency, the body which produced a scathing report detailing systematic doping by Armstrong and his teams. The USADA report led to Armstrong being stripped of his seven Tour titles and banned from elite sport for life.

Asked why he would not speak to USADA, Armstrong said: "No brainer. This is a global sport not an American one." THE ASSOCIATED PRESS

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
New Jersey	5	3	0	2	12	9	8
NY Islanders	6	3	2	1	22	19	7
NY Rangers	6	3	3	0	16	17	6
Pittsburgh	6	3	3	0	16	18	6
Philadelphia	7	2	5	0	14	20	4

NORTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	6	5	0	1	19	12	11
Ottawa	6	4	1	1	19	12	9
Montreal	5	4	1	0	17	10	8
Toronto	6	3	3	0	18	20	6
Buffalo	6	2	3	1	16	19	5

SOUTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Tampa Bay	6	5	1	0	29	15	10
Winnipeg	6	3	2	1	18	18	7
Carolina	5	2	3	0	14	18	4
Washington	6	1	4	1	13	22	3
Florida	6	1	5	0	10	24	2

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	6	6	0	0	22	13	12
St. Louis	6	5	1	0	24	13	10
Detroit	6	3	2	1	15	17	7
Nashville	6	1	2	3	10	18	5
Columbus	7	2	4	1	13	22	5

NORTHWEST DIVISION

	GP	W	L	OL	GF	GA	Pt
Minnesota	6	3	2	1	16	17	7
Edmonton	5	3	2	0	15	14	6
Vancouver	6	2	2	2	16	19	6
Colorado	5	2	3	0	10	13	4
Calgary	4	1	2	1	11	15	3

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
San Jose	6	6	0	0	26	10	12
Anaheim	5	3	1	1	17	17	7
Los Angeles	5	2	2	1	11	14	5
Dallas	7	2	4	1	13	18	5
Phoenix	6	2	4	0	21	20	4

Note: A team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OL (other loss) column.

Wednesday's results
Montreal at Ottawa
Chicago at Minnesota
Edmonton at Phoenix
Colorado at Vancouver

Tuesday's results
Boston 2 New Jersey 1 (SO)
NY Rangers 2 Philadelphia 1
Toronto 4 Buffalo 3 (OT)
Montreal 4 Winnipeg 3
Ottawa 3 Washington 2
Detroit 4 Dallas 1
NY Islanders 4 Pittsburgh 1
Tampa Bay 5 Florida 2
Minnesota 3 Columbus 2
San Jose 3 Anaheim 2 (SO)

Thursday's games — All Times Eastern
Washington at Toronto, 7 p.m.
Pittsburgh at NY Rangers, 7 p.m.
NY Islanders at New Jersey, 7 p.m.
Buffalo at Boston, 7 p.m.
St. Louis at Columbus, 7 p.m.
Winnipeg at Florida, 7:30 p.m.
Colorado at Calgary, 9 p.m.
Nashville at Los Angeles, 10:30 p.m.
Edmonton at San Jose, 10:30 p.m.

Friday's games
Philadelphia at Washington, 7 p.m.
Ottawa at Carolina, 7 p.m.
Winnipeg at Tampa Bay, 7:30 p.m.
St. Louis at Detroit, 7:30 p.m.
Phoenix at Dallas, 8:30 p.m.
Chicago at Vancouver, 10 p.m.
Minnesota at Anaheim, 10 p.m.

TENNIS

ATP 2013 MONEY LEADERS

1. Novak Djokovic	$2,559,519
2. Andy Murray	$1,358,559
3. David Ferrer	$656,430
4. Roger Federer	$526,650
5. Richard Gasquet	$312,262
6. Jeremy Chardy	$302,352
7. Tomas Berdych	$274,625
8. Nicolas Almagro	$263,325
8. Jo-Wilfried Tsonga	$263,325
10. Bob Bryan	$262,133
10. Mike Bryan	$262,133
Also:	
23. Milos Raonic	**$141,162**

WTA 2013 MONEY LEADERS

1. Victoria Azarenka	$2,477,651
2. Li Na	$1,365,879
3. Sloane Stephens	$537,826
4. Maria Sharapova	$502,457
5. Serena Williams	$444,363
6. Agnieszka Radwanska	$408,229
7. Roberta Vinci	$352,146
8. Ekaterina Makarova	$321,711
9. Sara Errani	$314,628
10. Svetlana Kuznetsova	$280,927

NFL

SUPER BOWL XLVII

Sunday's game — All Times Eastern
At New Orleans, La.
Baltimore vs. San Francisco, 6 p.m.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Miami	28	13	.683	—
New York	27	15	.643	1½
Chicago	27	17	.614	2½
Brooklyn	27	18	.600	3
Indiana	27	19	.587	3½
Atlanta	25	19	.568	4½
Milwaukee	24	19	.558	5
Boston	21	23	.477	8½
Philadelphia	19	26	.422	11
Detroit	17	29	.370	13½
Toronto	**16**	**29**	**.356**	**14**
Orlando	14	30	.318	15½
Cleveland	13	33	.283	17½
Washington	11	33	.250	18½
Charlotte	11	33	.250	18½

WESTERN CONFERENCE

	W	L	Pct	GB
San Antonio	36	11	.766	—
Oklahoma City	34	11	.756	1
L.A. Clippers	33	13	.717	2½
Memphis	29	15	.659	5½
Golden State	28	17	.622	7
Denver	28	18	.609	7½
Utah	24	21	.533	11
Houston	25	22	.532	11
Portland	23	22	.511	12
L.A. Lakers	20	25	.444	15
Dallas	19	26	.422	16
Minnesota	17	24	.415	16
Sacramento	17	29	.370	18½
Phoenix	15	30	.333	20
New Orleans	15	30	.333	20

Note: division leaders ranked in top three positions regardless of winning percentage.

Wednesday's results
Philadelphia 92 Washington 84
Indiana 98 Detroit 79
Sacramento at Boston
Orlando at New York
Toronto at Atlanta
Miami at Brooklyn
L.A. Clippers at Minnesota
Chicago at Milwaukee
Charlotte at San Antonio
Houston at Denver
New Orleans at Utah
L.A. Lakers at Phoenix

Tuesday's results
Golden State 108 Cleveland 95
Milwaukee 117 Detroit 90
Portland 106 Dallas 104
L.A. Lakers 111 New Orleans 106

Thursday's games — All Times Eastern
Memphis at Oklahoma City, 8 p.m.
Dallas at Golden State, 10:30 p.m.

See today's answers at metronews.ca/answers.

Horoscopes

♈ Aries
March 21 - April 20
Partnership issues will be a bit messy today and they will stay messy until someone makes a decision to sort things out. You know what is coming: That person will have to be you. You're the only one with any drive.

♉ Taurus
April 21 - May 21
Cosmic activity at the midheaven angle of your chart means you have the power to make things happen, but it also means you will have to overcome opposition from rivals. Be brave and take the fight to them.

♊ Gemini
May 22 - June 21
With the Sun now moving through the most adventurous area of your chart, there is no way you will stay in one place for any length of time. Go where your instincts take you and don't worry that others might not approve.

♋ Cancer
June 22 - July 23
You will find yourself drawn to someone who is new to your social scene and you will quickly form a bond that cannot be broken. But don't neglect existing relationships — friends and family are relying on you.

♌ Leo
July 24 - Aug. 23
A confrontation of some sort is likely today but that's good because you need to clear the air. Most of all, you need to let certain people know that you are not the sort who can be bad-mouthed without fighting back.

♍ Virgo
Aug. 24 - Sept. 23
The planets warn if you don't treat what you are working on with more respect you will make a poor job of it, which in turn will reflect badly on you. All tasks are important, even the small ones.

♎ Libra
Sept. 24 - Oct. 23
There is no point in trying to hide your feelings because your face will betray you. If there is something you feel strongly about, come right out with it and let everyone know why you are suddenly so emotional. It will do you some good.

♏ Scorpio
Oct. 24 - Nov. 22
What goes around comes around and what you have to put up with today is most likely payback for something you said or did in the past. It's not some kind of cosmic punishment, it's just the way things work.

♐ Sagittarius
Nov. 23 - Dec. 21
You will rush here, there and everywhere today, and most likely get nowhere fast. The planets are trying to tell you that if you slow down a bit, you will accomplish more in the long-term. Try listening.

♑ Capricorn
Dec. 22 - Jan. 20
Make it your aim today, and over the remainder of the week, to improve your professional and financial relationships. Show others you care about them as people and they'll show you what they can do for you.

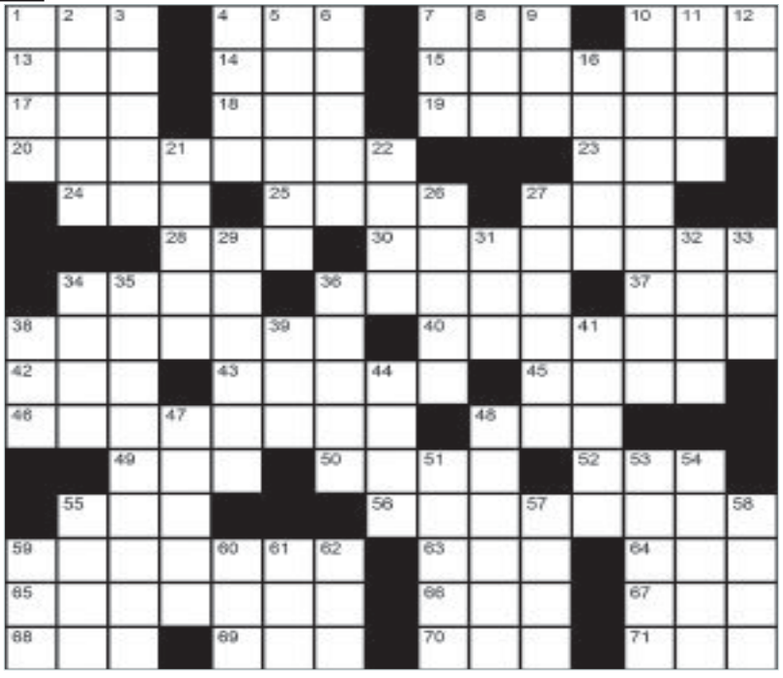
♒ Aquarius
Jan. 21 - Feb. 19
The old always gives way to the new, so there really is no point holding on to what even you can now see is past its sell-by date. Take a few risks and move with the times. What have you got to lose?

♓ Pisces
Feb. 20 - March 20
The more open and outgoing you are now, the more you will achieve a few weeks hence when the Sun begins its transit of your birth sign. What good is life if it is not an adventure? Time to explore!

SALLY BROMPTON

Crossword: Canada Across and Down

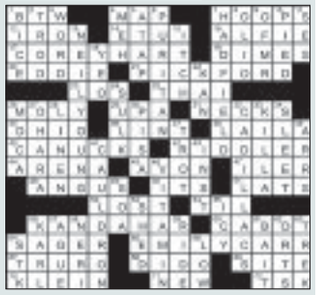
BY KELLY ANN BUCHANAN



Across
1. Liq. measures
4. Astronaut's home-away-from-Earth, for short
7. River of Scotland
10. Java holder
13. Movie star, Aishwarya __
14. River of Hiroshima
15. Get
17. Computer co.
18. Scand. land
19. "The Honeymooners" role, Ralph __
20. Saskatchewan city: 2 wds.
23. 'Can' completer
24. Que. neighbour
25. Tree log bump
27. Garlic: French
28. Bear: Spanish
30. Search info on the Web: 2 wds.
34. Truant from the trenches, tiny-ly
36. Basketball great Mr. Thomas
37. Mai __ (Cocktail)
38. Foretell
40. CBC's "__ Den"
42. Early hrs.
43. Unrefined
45. NBA's Phoenix __
46. The __ Mountains, New York
48. Transport for T.O. commuters
49. Everest, et al.
50. River of Asia
52. Acting prompt
55. Fair-hiring letters
56. "Four __ Canada" on Slice
59. Residential†area way off from the city
63. US gov. radio service
64. Movie special effects, commonly
65. Mr. Bisson, star of CBC's "Murdoch Mysteries"
66. Composer Mr. Berlin, for short
67. Crop
68. CPR giver, often
69. "Um, like... what?"
70. Compass dir.
71. NnnNN

Down
1. __ and proper
2. Verboten
3. __ Fraser University
4. Ms. Skye of "Say Anything..." (1989)
5. Canadian skating great Elvis
6. Plastic wrap
7. Noah's __
8. "__ darn tootin'!"
9. Elvis record label
10. Duchess Kate's maiden name
11. Iris spot
12. __-Xer
16. Web letter
21. Didn't sit
22. Happy tail moves
26. Performance enhancers, slang-style
27. Shocked
29. Oil-messes-on-water
31. Paddle
32. Author Mr. Fleming's
33. Not 'twas
34. Weapons: Latin
35. Posh area of Montreal
36. Rome's home
38. Classic video game, __-Man
39. Dernier __ (The latest fashion)
41. Italian luxury label since 1921
44. Shredded cabbage
47. Shock jock Howard
48. Henry VIII, and kin
51. Some jeans
53. '60s series, "The Man from _.-._.-._."
54. Prod: 2 wds.
55. Test
57. Funnyman Mr. Foley
58. Daintily drinks
59. Logo of CBS
60. Tende
61. Hosp. area
62. Egyptian Myth: Beatified spirit

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

		8					9	6
2		1			4	5		
		4		5				
			3	7		8		
3			9		5			4
		7		8	2			
				1		6		
		6	8			2		5
7	1					3		

Yesterday's Sudoku

Sharability

easy hard

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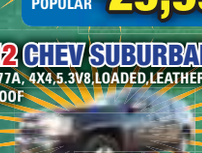
2012 CHEV SUBURBAN LT1
#12877A, 4X4,5.3V8,LOADED,LEATHER, SUNROOF



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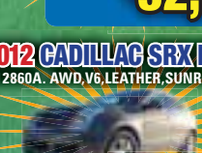

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